

**Purpose** The GSDS is a 21-item scale initially designed to evaluate the incidence and nature of sleep disturbances in employed women. Questions pertain to a variety of general sleep issues, including: problems initiating sleep, waking up during sleep, waking too early from sleep, quality of sleep, quantity of sleep, fatigue and alertness at work, and the use of substances to induce sleep.

**Population for Testing** The scale was initially used to evaluate sleep in a population of registered nurses with a mean age of  $40.6 \pm 9.9$  years. It has since been validated in a sample of both males and females with a mean age of  $33.4 \pm 4.6$ , and a Chinese version has been developed [1]. Additionally, it has been employed in studies examining diverse patient populations, including those with Parkinson's disease [2] and cancer [3].

**Administratin** The GSDS is a self-report, paper-and-pencil measure requiring 5 to 10 min for completion.

**Reliability and Validity** In an initial psychometric evaluation of the scale, developer Lee [4] found an internal consistency of .88 for the whole

scale. More recently, researchers Gay and colleagues [5] found an internal consistency ranging from .77 to .85.

### Obtaining a Copy

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**Scoring** The GSDS queries respondents regarding the frequency with which they've experienced certain sleep difficulties within the previous week. Respondents use an eight-point, Likert-type scale ranging from 0 (meaning "never") to 7 ("every day") to respond to each item. As guidelines set forth in the Diagnostic and Statistical Manual of Mental Disorders require symptoms to occur at least three times a week in order to establish a diagnosis of insomnia, researchers have suggested that individuals with an average score of three on the GSDS should be considered at risk for sleep disturbance [1].

**GENERAL SLEEP DISTURBANCE SCALE**How often in the past week did you:

	NO DAYS							EVERY DAY
1. have difficulty getting to sleep .....	0	1	2	3	4	5	6	7
2. wake up during your sleep period.....	0	1	2	3	4	5	6	7
3. wake up too early at the end of a sleep period .....	0	1	2	3	4	5	6	7
4. feel rested upon awakening at the end of a sleep period.....	0	1	2	3	4	5	6	7
5. sleep poorly.....	0	1	2	3	4	5	6	7
6. feel sleepy during the day .....	0	1	2	3	4	5	6	7
7. struggle to stay awake during the day .....	0	1	2	3	4	5	6	7
8. feel irritable during the day .....	0	1	2	3	4	5	6	7
9. feel tired or fatigued during the day .....	0	1	2	3	4	5	6	7
10. feel satisfied with the quality of your sleep .....	0	1	2	3	4	5	6	7
11. feel alert and energetic during the day .....	0	1	2	3	4	5	6	7
12. get too much sleep.....	0	1	2	3	4	5	6	7
13. get too little sleep .....	0	1	2	3	4	5	6	7
14. take a nap at a scheduled time.....	0	1	2	3	4	5	6	7
15. fall asleep at an unscheduled time .....	0	1	2	3	4	5	6	7
16. drink an alcoholic beverage to help you get to sleep.....	0	1	2	3	4	5	6	7
17. use tobacco to help you get to sleep .....	0	1	2	3	4	5	6	7
18. use herbal product to help you get to sleep .....	0	1	2	3	4	5	6	7
19. use an over-the-counter sleeping pill to help you get to sleep .....	0	1	2	3	4	5	6	7
20. use a prescription sleeping pill to help you get to sleep.....	0	1	2	3	4	5	6	7
21. use aspirin or other pain medication to help you get to sleep.....	0	1	2	3	4	5	6	7

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## References

1. Lee, S. Y. (2007). Validating the general sleep disturbance scale among Chinese American parents with hospitalized infants. *Journal of Transcultural Nursing*, 18(2), 111–117.
2. Dowling, G., Mastick, J., Colling, E., Carter, J., Singer, C., & Aminoff, M. (2005). Melatonin for sleep disturbances in Parkinson's disease. *Sleep Medicine*, 6(5), 459–466.
3. Lee, K., Cho, M., Miaskowski, C., & Dodd, M. (2004). Impaired sleep and rhythms in persons with cancer. *Sleep Medicine Reviews*, 8(3), 199–212.
4. Lee, K. A. (1992). Self-reported sleep disturbances in employed women. *Sleep*, 15, 493–498.
5. Gay, C. L., Lee, K. A., & Lee, S. Y. (2004). Sleep patterns and fatigue in new mothers and fathers. *Biological Research for Nursing*, 5, 311–318.

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## Representative Studies Using Scale

- Lee, K. A., Zaffke, M. E., Baratte-Beebee, K. (2004). Restless legs syndrome and sleep disturbance during pregnancy: the role of folate and iron. *Journal of Women's Health and Gender-Based Medicine*, 10(4), 335–341.
- Gay, C. L., Lee, K. A., & Lee, S. Y. (2004). Sleep patterns and fatigue in new mothers and fathers. *Biological Research for Nursing*, 5(4), 311–318.